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Fear of Flying: The Course PAGE 5



Winnipeg metro

WHO IS
TREVOR NOAH?
Page 9



Your essential daily news | TUESDAY, MARCH 31, 2015

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What a messy spill



Traffic was reduced to just one lane in both directions on the Perimeter Highway, Monday, after a semi-truck reportedly hauling yogurt rolled and spilled its load near McGillivray Boulevard early Monday. The driver was not injured in the crash. Clean-up crews spent hours getting the highway back into tip-top shape. See the story on page 4. SHANE GIBSON/METRO

Release Fontaine report, Tories demand

POLITICS

NDP criticized for keeping teen's death review secret

Manitoba's Opposition is accusing the governing NDP of sitting on an internal investigation into how a 15-year-old girl in the care of social workers disappeared before her body

was found wrapped in a bag in the Red River.

Conservative critic Ian Wishart said the Child and Family Services review into Tina Fontaine's death could help save the lives of other vulnerable children. Family Services Minister Kerri Irvin-Ross should be making changes to prevent similar deaths instead of keeping the report secret because of privacy concerns, he said.

"We think they've been using this privacy issue far

too often," Wishart said.

Winnipeg police launched their own internal review into how her disappearance was handled and determined not to lay charges against the officers who came into contact with the teen.

Child and Family Services, as well as Manitoba's Children's Advocate, is also conducting their own investigations. While the advocate's report is delayed by the ongoing police investigation, Wishart said the



Ian Wishart speaks to media on Monday. CONTRIBUTED

province's review is complete.

"We've heard from people that were involved in the report that it has been completed for some time," he said.

A spokeswoman for Irvin-Ross said she was not available to discuss Fontaine's death or the progress of the internal investigation. Rachel Morgan emailed a statement to the media stating the report has not been finalized yet because of the ongoing police investigation.

Family services "has taken the first steps in what will be a broad review," she wrote without elaborating.

But neither that review, nor the specific report into Fontaine's death, will be made public. "Because internal CFS reviews touch on the intimate details of the lives of children and families, these are not made public due to the need to respect their privacy," Morgan wrote.

THE CANADIAN PRESS



MUSIC

The witty Bellwoods boys prefer dragons

Ever have one of those moments where someone says something off the cuff that sounds unusually lyrical, and you point out that it would make a great band name or album title?

For Morgan Cameron Ross, one half of Toronto folk-pop duo Bellwoods, that actually happened when he and his band mate Alan Snoddy were struggling to name their debut EP, due out this summer. Named after their city's Trinity Bellwoods Park, they are riding the social-media success of their catchy first single, "Live It Up."

To Ross, who has a couple of solo albums under his belt, naming is one of the hardest parts of releasing music.

"You want to be witty, but I don't feel like I have the right to be too philosophical or abstract," he said.

+ SHOW INFO

Bellwoods will play a show at the Pyramid Cabaret on Saturday. Tickets \$12.40 at Ticketmaster, Soul Survivors, Into The Music and Music Trader.

The epiphany came during a recent radio appearance.

"The host asked Alan whether he likes dogs," said Ross.

"We had been talking about dragons earlier in the interview, and he replied, 'I prefer dragons.' The host snapped her fingers and said, 'There's your next album title.' And I thought I could live with that. It's kind of weird, but I like it! So we probably are going to call the EP I Prefer Dragons."

NIGEL MOORE/FOR METRO



Alan Snoddy and Morgan Cameron Ross are Bellwoods. See them April 4 at the Pyramid Cabaret. COURTESY ALEXANDRA PETRUCK



A screenshot from a promotional video showing the proposed True North Square project. CONTRIBUTED

True North gets extra time for Carlton deal

DEVELOPMENT

Site would host hotel, condos, office towers, public square

True North Sports and Entertainment (TNSE) has been given an extension to finalize an option for a site on Carlton Street.

The original deadline for the development deal was Monday, but the date has been pushed back to May 15 at TNSE's request, confirmed CentreVenture

CEO Angela Mathieson.

TNSE is currently trying to finalize a development deal and purchase price for the land, which is currently a vacant lot near the Convention Centre. If the deal goes through, the site will become the location of a five-star hotel, condo towers, office towers and a public square.

The entire project went on hold after TNSE owner Mark Chipman held a news conference in February outlining the project and accusing Mayor Brian Bowman of implying he had done something wrong.

Chipman admitted during the

conference he had the inside track on buying the land but claimed Bowman has known for months about a plan to develop the site.

Chipman said that while he was on the board of CentreVenture last year, he learned a deal to build a hotel on the land was in danger of falling apart.

He said he recused himself from further discussion, quit the board months later and eventually cut a deal with CentreVenture on an option to buy the land and combine it with other property along Carlton Street to build a \$400-million hotel,

office and residential complex.

Despite the fact he was sole-sourced the land — while there was still an agreement in place to build a convention hotel there — Chipman said he was just trying to solve a problem for the city.

"To allege we've done something wrong is inexplicable," said Chipman.

Bowman rebutted by saying the deal could go ahead, but it would go ahead with no city money. He has since softened that stance.

METRO, WITH FILES FROM BERNICE PONTANILLA

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IN BRIEF

Teen arrested after woman pushed to ground
Winnipeg police have a 14-year-old girl in custody after they say she helped another teen rob a woman.

Police said the victim, a 22-year-old woman, was waiting for transportation in the foyer of a building in the 300 block of Portage Avenue on Saturday around 11:45 p.m. when a girl came up behind her, assaulted her, pulled her hair and knocked her to the ground.

Another teen stole the woman's purse then ran away, while the first teen left the building and began walking westbound on Portage Avenue. The victim caught up with the teen and demanded her belongings back, only to be assaulted again.

Police in the area spotted the teen running away and caught up to her a short distance away. She was arrested and charged with robbery and three counts of failing to comply with a disposition. She is in custody.

METRO

Yard waste collection starts next week

The city's seasonal curb-side yard waste collection programs are starting up.

The service starts for homes and small businesses in Area A April 6, and April 13 for those in Area B.

Go to winnipeg.ca to find out into which area you fall.

Yard waste is collected at the curb once every two weeks until November. Organic materials like grass clippings, leaves and small branches, can be left next to recycling and garbage containers in any reusable container with a lid, cardboard boxes or paper yard waste bags. METRO



Shoppers head into the Polo Park Target on Monday. The store's closure is ahead of schedule. SHANE GIBSON/METRO

Polo Park Target to close a month early

RETAIL

Store will shutter its doors for good April 8: Source



Shane Gibson
Metro | Winnipeg

Time is running out for Winnipeg deal hunters looking to find bargains at the Polo Park Target store's ongoing liquidation sale.

An employee at the store confirmed Monday it'll close its doors permanently April 8, about a month ahead of what they had originally planned.

A Target spokeswoman told Metro the shutdown date had never been written in stone.

"Since we first announced we'd be leaving the Canadian market, we indicated that the timing of store closures may vary by location and would be dependent on how the liquidation process moved along," she said in an email.

And it's not just the Polo Park store making a hastier-than-expected exit.

133

All 133 Target stores in Canada will be closed by the end of next month.

The court-appointed monitor taking care of the closure and liquidation of all of Target's Canadian stores has said all 133 locations across the country will be shut down for good as early as mid-April, which, like the Polo Park store, is about a month ahead of schedule.

This could include the last remaining Target Store at Kildonan Park.

"It is anticipated that the pace of delivery of vacate notices ... will continue to increase over the next two weeks," the monitor wrote in an update filed with the court.

"All stores are expected to be closed to the public as early as mid-April 2015."

Target Corp. announced in January that it was making plans to leave Canada, saying it would take years to turn a profit after a bungled launch hurt its reputation with consumers.

DRUGS

Fentanyl use on the rise: Police

Winnipeg police say a dangerous street drug that's been linked to more than 100 deaths in Alberta since 2014 is not only in our city, its becoming increasingly popular among users.

Fentanyl is a opiate painkiller that can be much more powerful oxycodone — and police spokesman Const. Eric Holfey tells Metro that's exactly why it's becoming more and more common in Winnipeg.

"Users that were once addicted to the same family of drugs such as Percocets, oxycodone have now moved onto Fentanyl due to its strength," he said in an email. "Over the last few years we have definitely seen an increase in use."

Fentanyl is a legal prescription medication, but Holfey said both legally and illegally manufactured versions are being found on Winnipeg streets.

The drug is available in liquid, powder and patch forms and Holfey said users either cut up the patches and chew the pieces — which are known as 'chiclets' on the street — or boil them in vinegar to be injected.

Police in Edmonton said last week they believe organized crime groups in Alberta are making illegal versions of the drug using fentanyl shipped from China or possibly Mexico and shipping it across the country — including to Manitoba — using hidden compartments in vehicles.

RCMP have made a handful of small seizures in Winnipeg and rural Manitoba, and spokeswoman Tara Seel said they're expecting to see more of it.

"We're definitely poised to react," she said.

SHANE GIBSON/METRO, WITH FILES FROM THE CANADIAN PRESS



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TRANSIT TUESDAY

Weekly Transit News Update



WINNIPEG TRANSIT EASTER WEEKEND SCHEDULE

On Friday, April 3, Winnipeg Transit buses will be operating on a Sunday schedule, and on Monday, April 6, buses will operate on a regular weekday schedule. For route and schedule information, visit winnipegtransit.com or call 311.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue & Donald Street) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell-phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

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Crews work to flip a semi-trailer truck over on the Perimeter Highway near McGillivray Boulevard early Monday. SHANE GIBSON/METRO

Semi rolls, spills yogurt on Perimeter Highway

ROADS

Driver of truck not injured as RCMP look into cause of crash



Shane Gibson
Metro | Winnipeg

Emergency and cleanup crews spent hours getting the roads back into shape after a semi-trailer truck reportedly carrying yogurt rolled over and spilled its load on the Perimeter Highway early Monday.

The semi rolled into the median near McGillivray Boulevard and the Perimeter around 1:30 a.m.

RCMP said the 45-year-old

driver was not injured in the crash, which involved no other vehicles.

Traffic was reduced to one lane in both directions around the crash site as the spilled yogurt was cleaned off the roadway and the remaining load was taken by hand out of the trailer.

"Apparently they're hand-bombing it, so that takes some

time," said Manitoba RCMP spokeswoman Tara Seel, who told Metro the cleanup was still ongoing by mid-afternoon.

Headlingly RCMP continue to investigate and Seel said investigators have yet to determine what exactly led up to the crash.

In the meantime, RCMP asked motorists to be cautious around the cleanup crews.

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CRIME POLICE HUNT SUSPECT ON YOUNG STREET

Police, including armed tactical support members and the K-9 Unit, flooded the area around an apartment at 457 Young St. Monday morning looking for a suspect wanted for breaking the terms of a probation order. There was no word about any arrests later in the day. SHANE GIBSON/METRO

Fear of flying 'just a lack of knowledge'

EDUCATION

Toronto-area course teaches ins and outs of air travel



Luke Simcoe
Metro|Toronto

A Toronto-area flight simulator company has found a new use for their replica Boeing 777 cockpit: helping people conquer their fear of flying.

At uFly Simulator in Mississauga, aviophobes can tackle their turbulence terrors via a three-hour, one-on-one course with instructor Luigi Salvi.

Most people are afraid of air travel because they don't know how planes work, Salvi said.

The uFly course teaches the ins and outs of air travel, from what sounds to expect when the landing gear is deployed to what happens behind the cockpit door.



Luigi Salvi, an experienced pilot and instructor of uFly's Fear of Flying course, explains the workings of the standard commercial jet cockpit from inside the uFly flight simulator in Mississauga, Ont. LIZ BEDDALL/METRO IN TORONTO

+ FLIGHT

According to research done at the University of Michigan, taking a domestic flight exposes someone to the same level of risk as driving 10.8 miles (17.3 kilometres) on a major highway.

"Usually fear is just a lack of knowledge," Salvi said. "If you know how everything works, it's not such a big deal."

Despite a recent spate of headline-grabbing aircraft accidents — from Malaysian Air flight MH370 to Sunday's crash landing at Halifax's Stanfield Airport — Salvi says business remains steady regardless of what's in the news.

"It's not like 30 or 40 years ago when air travel was still new,"

he said. "Flying is a very regular thing for people, and most of us realize it's still one of the safest ways to travel."

Salvi works with each participant to figure out what triggers their fear of flying and addresses that in the course. For example, one participant became terrified when the air conditioner on board stopped when the engine started.

"It's not broken or anything,"

Salvi explained. "They just need all the available air pressure to start the engine."

And if a client is coming in to get help with an upcoming trip, Salvi will walk them through the details of their specific flight plan.

Salvi said he'll also consult with them after their flight, and added about 80 per cent of participants felt the course was helpful.



Transportation Safety Board investigators and airport firefighters work Monday at the site of an Air Canada flight that crashed in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

HALIFAX CRASH

Probe of plane's hard landing continues

Investigators from the Transportation Safety Board spent Monday sifting through the debris of a plane crash in Halifax and documenting the site where the Air Canada flight touched down short of a runway before skidding to a stop, sending 25 people on board to hospital.

But the safety agency has also used the accident to reinforce its calls for changes at Canadian airports to make approaches and landings safer.

"This kind of approach and landing accident is very much something that we pay very close attention to," said Mike Cunningham, the agency's regional manager of air investigations.

The board is in the early stages of its investigation into the crash of AC624 and it is highlighting the fact that approach-and-landing accidents have been on its watch list of

issues that pose the greatest risk to the country's transportation system.

On Monday, investigators documented the site of Sunday's crash, identifying the components of the wreckage from where it touched down about 335 metres short of the runway to where it stopped skidding.

Cunningham said they have also had preliminary discussions with the flight crew and started interviewing passengers.

The flight data recorder and cockpit voice recorder have been sent to the board's engineering branch in Ottawa and will undergo a preliminary analysis, he added.

Officials with the plane's French manufacturer, Airbus, were scheduled to arrive Monday to help with the investigation and removal of the plane.

THE CANADIAN PRESS

IRAQ AND SYRIA

MPs approve mission extension, expansion

Canadian fighter jets will soon be launching air strikes in Syria now that the House of Commons has approved the federal government's plan to expand and extend its military mission in Iraq.

Federal MPs voted 142-129 in favour of a motion extending the mission for up to a full year and authorizing bombing runs in Syria against targets belonging to the Islamic State of Iraq and the Levant (ISIL).

The original mission deployed six CF-18 fighter jets, one CC-150 Polaris air-to-air refuelling aircraft, two CP-140 Aurora surveillance aircraft. Some 600 aircrew and other personnel are currently deployed.

Up to 69 special forces advisers will also remain in the region to advise and assist Kurdish pesh-

merga forces in their efforts to beat back the advance of ISIL militants. The Conservatives say military strikes in Syria are legally justified and necessary, and that Canada has a moral obligation to continue to do its part.

"While the coalition has succeeded in stopping ISIL's territorial spread, the global threat that ISIL poses remains," Prime Minister Stephen Harper said in a statement after the vote.

Neither the NDP nor the Liberals supported the original mission, nor its extension, arguing the government had not adequately made the case for going to war in the first place and in the six months since, haven't been honest with Canadians about it the mission's true scope.

THE CANADIAN PRESS

IN BRIEF

Quebec to PM: Hand over long-gun registry data

The Quebec national assembly unanimously approved a motion Monday calling on Prime Minister Stephen Harper to reverse his decision to destroy the long-gun registry data. The motion passed by a 106-0 vote and urges Harper to transfer the data to Quebec. THE CANADIAN PRESS

Changes to anti-terror bill not enough: Opposition

A Conservative plan to amend the federal anti-terrorism bill hasn't squelched opposition. Green party Leader Elizabeth May said she plans to present five dozen amendments when the House of Commons public safety committee begins examining the bill. THE CANADIAN PRESS

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UNITED NATIONS

Iran nuclear talks down to the wire

Negotiations over Iran's nuclear program reached a critical phase Monday, with diplomats struggling to overcome substantial differences just a day before a deadline for the outline of an agreement.

With Tuesday's target date for a framework accord just hours away, the top diplomats from the five permanent members of the UN Security Council and Germany were meeting with Iran to try to bridge remaining gaps and hammer out an understanding that would serve as the basis for a final accord to be reached by the end of June.

"We are working late into the night and obviously into tomorrow," said U.S. Secretary of State John Kerry, who has been meeting with his Iranian counterpart Mohammad Javad Zarif in Lausanne since Thursday in an effort to reach a political understanding on terms to curb Iran's nuclear program in exchange for sanctions relief.

"There is a little more light there today, but there are still some tricky issues," Kerry said.

Kerry and others at the table said the sides have made some

progress, with Iran considering demands for further cuts to its uranium enrichment program, while pushing back on how long it must limit technology it could use to make atomic arms. In addition to sticking points on research and development, differences remain on the timing and scope of sanctions removal, the officials said.

The Obama administration says any deal will stretch the time Iran needs to make a nuclear weapon from the present two to three months to a year.

Tehran says it wants to enrich only for energy, science, industry and medicine. But many countries fear Iran could use the technology to make weapons-grade uranium. **THE ASSOCIATED PRESS**



There is a little more light there today, but there are still some tricky issues.

John Kerry, U.S. Secretary of State

CRIME

Men crash stolen car into NSA vehicle

Two men dressed as women smashed a stolen car into a police vehicle after they disobeyed commands at the closely guarded gates of the nation's spy agency, prompting police to open fire.

One of the men died, the other was injured and a police officer also was taken to a hospital. Details remained unclear hours later. Initial images from the scene showed emergency workers loading the uniformed officer into an ambulance. Nearby were a dark-colored SUV and an SUV

emblazoned with "NSA Police," both heavily damaged.

It was not known why the men wound up at the gate at Fort Meade, a sprawling military post that houses the National Security Agency, or why they did not obey orders from NSA police.

The NSA said in a news release that investigators have not yet determined how the man in the vehicle died, and the conditions of the wounded man and officer were not disclosed.

THE ASSOCIATED PRESS



BOMB SCARE PLANE THREAT DECLARED HOAX Travellers return to their plane at the airport of Casablanca, Morocco, on Monday after a bomb warning was declared a hoax and their flight was confirmed to be safe. Turkish Airlines said it diverted an Istanbul-to-Sao Paulo flight with 256 people aboard after a note was found with the word "bomb". **ABDELJALIL BOUNHAR/THE CANADIAN PRESS**

Questions arise over pilot's mental health

FLIGHT 9525

Andreas Lubitz needed 'regular medical' exams: Aviation body

How could someone once diagnosed with suicidal tendencies get a job as a commercial pilot, entrusted with the lives of hundreds of people? That's the question being asked after officials confirmed Monday that Germanwings co-pilot Andreas Lubitz received lengthy psychotherapy several years ago.

All 150 people on board were killed by what prosecutors believe was a deliberate decision by

Lubitz to slam the Airbus A320 he was flying from Barcelona to Duesseldorf into a mountain in the French Alps last Tuesday.

Lufthansa, Germanwings' parent company, declined to say whether it knew of Lubitz's mental health problems. But it said the young pilot had passed all required medical checks since starting work for its subsidiary two years ago.

The country's aviation authority wouldn't comment on Lubitz's health, despite acknowledging last week that his record with the agency noted he needed "specific regular medical examination" beyond the annual check-up required of all pilots.

"The German Federal Aviation Office isn't directly responsible



You can't see anything beyond the face.

Dr. Hans-Werner Teichmueller

for assessing the air-medical fitness of pilots," said Cornelia Cramer, a spokeswoman for the agency, which is in charge of granting pilots' licences.

Cramer said the medical checks are conducted by specially trained doctors but declined to say whether their findings are passed on to the agency.

All pilots must undergo regular medical checks that include a cursory psychological evaluation,

according to Dr. Hans-Werner Teichmueller, the agency's head, but such tests rely on patients being honest with their doctors.

"You can't see anything beyond the face," Teichmueller said.

Prosecutors in Duesseldorf, where Lubitz had an apartment, said the psychotherapy he received took place before he received his pilot's licence.

Lubitz started pilot training in 2008, though it's unclear when he finished the at least three-year-long course and received his licence. Lufthansa said he was certified to fly in 2013.

At the crash site in the French Alps, authorities have identified 78 sets of DNA so far and hope to identify all of the victims.

THE ASSOCIATED PRESS

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FAST FOOD

McDonald's U.S. confirms plans to test all-day breakfast

A McMuffin for dinner? It might happen, as McDonald's plans to test an all-day breakfast at some locations in the San Diego area starting next month.

The company said in a statement the test is coming in response to customers who have said they'd like to eat breakfast foods outside the typical morning hours that they are served.

The world's largest restaurant chain said the test will include a partial menu and feature some of McDonald's breakfast sandwiches and hash browns. The company didn't say which sandwiches would make the cut.

Fans of McDonald's breakfast menu have long wanted the option to get breakfast at McDonald's after 10:30 a.m. But offering both the breakfast and lunch menu had been considered logistically impossible,



The iconic McDonald's Egg McMuffin could soon be on the dinner menu. McDonald's plans to test an all-day breakfast at some locations in the U.S. next month. JUSTIN SULLIVAN/GETTY IMAGES

given the tight kitchen spaces of the restaurants.

McDonald's had even tweeted about the topic in February, saying it doesn't serve breakfast all day because its grills "just aren't big enough for breakfast and lunch."

Still, Jeff Stratton, head of McDonald's USA, said in an interview that same month that the company was taking a look at how it could make breakfast available later in the day.

The push to make breakfast outside normal hours partly re-

flects how McDonald's is working to keep pace with shifting habits. In particular, executives have noted that customers increasingly want foods personalized to their tastes and schedules.

McDonald's said Monday that

“Those breakfast items ... serve as a reminder ... that McDonald's does indeed have craveable food.”

Mark Kalinowski, Janney Capital Markets analyst

it was too early to speculate on any outcomes from the test.

Janney Capital Markets had released an analyst note earlier Monday saying that its industry sources had said that McDonald's planned to test all-day breakfast in the U.S. The analyst note was released before McDonald's confirmed the report.

“Having those breakfast items available to sell all day would also serve as a reminder to customers (and the media and Wall Street.) that McDonald's does indeed have craveable food to sell,” Janney analyst Mark Kalinowski wrote.

THE ASSOCIATED PRESS

IN BRIEF

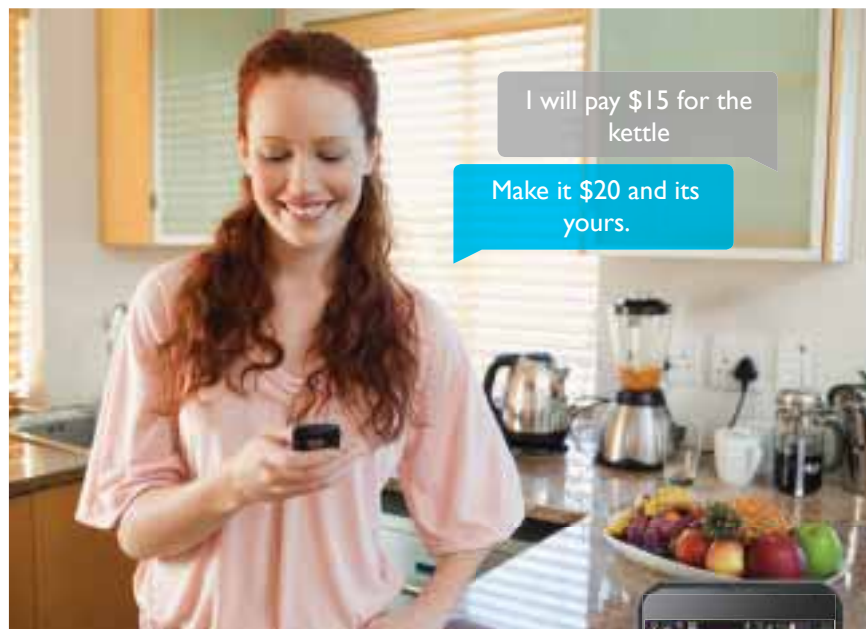
Court allows Target to buy back branded items

Target Canada received court approval Monday to buy back branded items, including 28,000 shopping carts, 912,000 shopping bags and baskets and exterior signage, instead of leaving them behind to be destroyed. Target had asked for court approval to pay \$2.2 million to reclaim the items, which include the large bronze bull's eye sculpture that used to anchor the meeting area at headquarters in Mississauga. The items will be put to use at stores in the U.S.

TORSTAR NEWS SERVICE

market minute

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metroview

Harper's climate change record? Underwhelming

Elections come, elections go, but Stephen Harper's climate change record remains the same: underwhelming.

What a relief to be able to rely on something in this crazy world, aside from the inevitable melt of glaciers.

Today is the deadline for countries to submit national strategies to reduce greenhouse gas emissions, ahead of the United Nations Paris summit in December.

That meeting should yield a followup agreement for the Copenhagen deal.

Mexico met the deadline. The U.S. is expected to announce its strategy today. Canada, not so much.

The feds are still checking with the provinces for their plans, a government spokesperson said over the weekend. Like they've been doing for years now?

Because it's the provinces that have been leading climate change policy, even signing a Canadian Energy Strategy last summer. Meanwhile, the Harper government has become a kind of international climate change pariah for its stance, which could loosely be summed up as lip service.

"No one, no one is paying attention to Canada any more at the UN negotiations," said Radoslav Dimitrov, a European Union delegate for UN climate change negotiations.

Harper's mixed messages have more to do with opportunism and public sentiment than any deep commitment to saving the environment, UBC professor

Kathryn Harrison said.

In 2002, as Canadian Alliance leader, Harper called the Kyoto Protocol a "socialist scheme" based on sketchy science. But when elected, Harper called climate change "perhaps the biggest threat to confront the future of humanity today."

Then in 2009, the government condemned the Liberals' "job-killing carbon tax" with Harper saying it would "screw everybody." That was despite the Conservatives' own cap and trade proposal.

As for action, the Conservatives have introduced fuel efficiency regulations and banned construction of coal-fired power stations. But in December, Harper said there are no regulations on the horizon for the oil and gas industry.

Perhaps unsurprisingly, then, Environment Canada projects we won't meet our Copenhagen target by 2020, never mind whatever goal the government ends up claiming in advance of Paris.

But, do Canadians care?

Political watchers predict the economy will drive the upcoming election, despite the fact that poll results show 50 per cent of Canadians are "definitely or 'extremely' concerned about climate change and what it will mean for future generations.

Harper has had nine years to take action, and voters have had nine years to judge him.

If we really want to see a government serious about climate change, we could start voting like it.

the big question

Who decides if a plane is safe to land in bad weather?

Pilots make the call, say industry experts responding to Sunday's plane crash at the Halifax airport. They make the decision based on information relayed to them by the tower, which includes runway conditions and other factors — and, most importantly, whether the pilot can see the runway. THE CANADIAN PRESS

Winnipeg Transit: Too. Many. Bus. Stops.

YOUR RIDE

Colin Fast



The city is out of buses.

That was the warning earlier this month from Winnipeg Transit boss Dave Wardrop to a city council committee.

Wardrop said his department simply doesn't have enough vehicles to keep pace with ridership volumes that are at a 25-year high.

Now, the most obvious solution to the problem is to buy more buses. But at \$500,000 a pop, it's also a pretty expensive plan. Cutting wasteful, low-ridership, locations and reassigning those buses to popular routes instead would also help, but neither transit nor city council seems to have an appetite for that. But there is one simple, low-cost way

the city could speed up its buses and increase capacity that wouldn't be a surprise to any regular transit rider: Get rid of the excess bus stops. I'm thinking of routes like the 18, which stops along every block of Corydon from Cambridge to Pembina. You can see the next stop when you're boarding the bus because it's only 500 feet — or about a 90-second walk — away. Route 185 stops at the southwest corner of Stradbrook and Osborne...and then again at the southeast corner.

Yes, the two stops are right across the street from each other. Even worse, the 185 is an EXPRESS bus.

Or how about the 68, which stops next to some apartment buildings on Stradbrook, and then immediately pulls into the Harkness rapid transit station. Total distance covered is around 200 feet, which means

a 12 year-old could throw a ball from one stop to the next.

Bjorn Radstrom, Winnipeg Transit's Manager of Service Development, explained there are valid reasons for close stops. In areas like Corydon, he said there's not enough room to place large shelters on the sidewalk, so spreading out boarding locations helps with passenger comfort.

At the corner of Sherbrook and Portage, it makes sense to stop the bus on both sides of Portage because of the street width and the number of seniors residences in the area.

However, he also acknowledged some extra stops might have been installed decades ago for a particular reason that no longer exists. While transit tries to keep up with changing developments, this appears to be a gap in the system.

And while Radstrom said transit officials won't recommend new stop locations that aren't justified by market demand, we've all seen how council can override administration advice to appease a few angry calls from residents (which explains why we have so many four-way stops and stoplights in this city).

The growth in transit ridership and the construction of our first rapid transit line has been one of the city's success stories in recent years. Now council and the administration should ensure the entire system can keep growing and get moving more quickly by not stopping so much.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

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Arcade Fire
turns with
the tide
Pg. 10

Trevor Noah in his own words



South African comedian Trevor Noah BONGIWE MCHUNU/THE STAR/THE ASSOCIATED PRESS

LATE NIGHT TELEVISION

The new host of The Daily Show describes role as 'joining the team'

The deal was done only last week, says Trevor Noah, the 31-year-old South African comedian who will take over The Daily Show from longtime host Jon Stewart.

Shortly after Comedy Central made the news official Monday, Noah, on a standup comedy tour, discussed his new gig by phone from Dubai.

How do you feel to be taking over soon from Stewart?

I don't think of taking over. I'm joining the team. It's a huge ship that has won Emmys and Peabodys for a reason, because it's a fantastic team of writers and producers working to make that show magic. I get to be a part of that now as the host and a face, sharing that space with my fellow correspondents. I feel really confident. All I needed in my life was Jon's blessing. That's what I have, so I'm looking forward to being part of The Best Damn News Show in the World!

You have a much different background than Stewart. How will that affect the show?

One thing we both share: We are both progressives. Obviously where you're from may inform a lot of your decisions. But travelling the world I've learned that progressives, regardless of their locations, think in a global space. And although I happen to be a guy who's not from the same place that Jon's from, I've lived in America for years before I went back out on

the road, and I've learned to love the place. I'll bring something different because I am different, but because it's a team, it'll be the same as well.

You may not have heard: There's a big U.S. election coming up. Are you looking forward to addressing that on the show?

I love the drama around it! That's going to be fascinating to be part of, this time. And that's the environment The Daily Show thrives in, taking that information and deciphering it and getting it out to everybody in a way that's not biased in any way, hopefully, where you're going, "This is the bare bones of what you need to know and how you need to know it, in the funniest way possible."

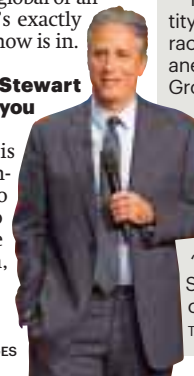
Although Stewart has called it a "fake news show," a lot of people do rely on The Daily Show as a primary news source. Will that continue?

When you are honest in your comedy, you have to acknowledge the world that you're in. Through a comedic voice you're talking about what needs to be talked about, whether it's race relations or politics or anything that's happening on a global or an American scale. That's exactly the space The Daily Show is in.

How involved will Stewart be in the show once you arrive?

What's great for me is I have in him a mentor and a friend who I can call on, who can give me advice — a fellow comedian, at the end of the day.

THE ASSOCIATED PRESS



Jon Stewart GETTY IMAGES

+ IN SOUTH AFRICA

Trumpeting national pride

In South Africa, the announcement made breaking news on a national television news station. On social media, Noah's name became a trending topic within minutes, with some Twitter users saying he not only represented South Africa, but the African continent.

"I'm sure he'll turn it into his own thing," said South African comedian Loyiso Gola, who now also hosts an International Emmy-nominated local news satire show.

"Out of a lot of guys I know in comedy, he probably works the hardest," said Gola, adding that Noah had spent years honing his standup routine.

Noah used his biracial identity to challenge South Africa's race issues, using personal anecdotes from his own life. Growing up biracial in the formerly segregated township of Soweto, Noah once said his birth was a crime.

South Africa's idiosyncrasies, from party politics to the high crime rate, provided regular material.

"It's good for everything South African and it's good for comedy," said Gola.

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Loyiso Gola
GETTY IMAGES

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Tidal supporters get the cold shoulder from fans

STREAMING SERVICE

Acts backing Jay Z company face cries of 'sell-out'

Arcade Fire and Deadmau5 are among the artists publicly throwing their support behind Jay Z's new streaming service Tidal — and both received decidedly mixed reactions from fans.

Many high-profile artists have changed their social media profile images to a shade of turquoise and are posting in support of the premium streaming music service.

Other artists who joined in on the stunt included Kanye West, Rihanna and Nicki Minaj.

Late Sunday night, Deadmau5 tweeted: "Tides are about to turn."

The account of Montreal's Arcade Fire, meanwhile, sent out the message: "Together we can make music history. Show support and make your profile photo blue. Turn the tide."

Almost all of the responses to those posts were negative. Several skeptical users said the wording of the Arcade Fire



Artists are facing backlash over their support of Jay Z's new streaming service Tidal. GETTY IMAGES

post would have been more appropriate for a charitable endeavour, not a for-profit tech enterprise.

Midday Monday, the Grammy-winning band dropped the turquoise motif but did not delete its tweet supporting Tidal.

Deadmau5, the dance producer from Niagara Falls, Ont., fielded "sell-out" accusations.

For a subscription price

of \$19.99 per month, Tidal promises access to high-quality sound, HD music videos and a library spanning more than 25 million tracks.

Meanwhile, other streaming companies including Deezer, Rdio and Spotify offer a similar service at half the price, and also have a limited ad-supported tier that's free to use.

THE CANADIAN PRESS

MEMORY LANE

Digging up relics from my Gadget Graveyard

SOUND CHECK

Alan Cross



In a corner of my unfinished basement is a No Man's Land my wife calls the Gadget Graveyard. It's a mountain of obsolete electronics that I've never been able to part with. But this being the spring cleaning season, the threats became severe enough for me to do something about it.

It turned out to be an interesting archeological dig. Here's what I found amongst the old hard drives, burned-out power supplies and dead routers.

A cache of Walkmans: Not only did I find my first Walkman (circa 1984), but I rediscovered my old Sports model (circa 1991). Remember the ones with the heavy yellow cases that were allegedly almost waterproof? The third device must be some kind of rarity because it came with an AM stereo tuner (vintage unknown).

A pile of VCRs: A mono RCA unit (1986), a stereo model from Mitsubishi (circa 1995) and Panasonic (vintage unknown). They were stacked on a box filled with tapes of me hosting Reach for the Top in 1991-92.

A portable CD player: I couldn't afford a Sony Discman, so I ordered this Seiko model (yes, the watch people) from an American Express catalogue (circa 1988). All you had to do to make the disc skip was breathe on it.

A box of floppy discs: Tons and tons and tons of them. One

+ NEW TECH

Coachella, Lollapalooza ban selfie sticks

You can bring your beach towels and floral headbands, but forget that selfie stick if you're going to the Coachella or Lollapalooza music festivals.

The sticks are banned this year at the events in Indio, Calif., and Chicago. Coachella dismissed them as "narsisitics" on a list of prohibited items.

THE ASSOCIATED PRESS

was labelled "music." What kind of music was I putting on a 1.44MB floppy?

An RCA Lyra MP3 player: It was the first flash storage device I'd ever seen (circa 1997). With a whopping 32MB (yes, megabytes) of memory, it was good for about an hour's worth of music if you cranked the sampling rate way down low. But unlike Walkmans and Discmans, it never skipped. That made it cool.

A U2 iPod: I have no idea what possessed me to buy one of those 20GB red-and-white U2 iPods (circa early 2005) for \$450 (\$530 in today's dollars), but I'm kind of glad I did. Brand new models are trading for \$3,000 on eBay.

I think I'll keep that one a little longer. The rest can be recycled responsibly. Promise.



IN BRIEF

Sony launches Spotify app on PlayStation

Spotify is coming to the PlayStation, replacing Sony's own Music Unlimited service, as the company continues to expand the game console into an entertainment hub beyond video games.

Spotify hit the PlayStation 3 and 4 on Monday, with a new app adapted for large television screens. Sony says partnering with Spotify expands its music service to 41 countries and offers better tools for playlists and music discovery. THE ASSOCIATED PRESS

Ludacris, Chrissy Teigen to host Billboard awards

Ludacris and Chrissy Teigen will host the 2015 Billboard Music Awards in May.

Dick Clark Productions announced Monday that the rapper and model will host the show May 17 from the

MGM Grand Garden Arena in Las Vegas.

It will air on ABC. Nominees will be announced April 7.

Teigen is married to singer-songwriter John Legend. Ludacris hosted the awards show last year.

THE ASSOCIATED PRESS

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HEALTH & WELLNESS

Researchers studying concussions in children

Concussions are a common injury that can affect more than just athletes — youths can suffer from them, too.

That's why the Children's Hospital Research Institute of Manitoba is conducting several different research studies regarding youth and concussions, according to researcher Dr. Kelly Russell.

"We are looking at youth who have a concussion and seeing how their quality of life changes during their recovery," she explains.

Part of that research includes documenting how many days of school they missed and if their grades changed during their recovery.

"We are asking them if their school was helpful and sensitive to their concussion symptoms during the recovery process," Russell adds.

Researchers are also studying the psychiatric outcomes in youth after a concussion and if there is an increase in mental health concerns. They're also determining if youth who have dizziness or vision problems are more likely to

STUDY FINDINGS

The Children's Hospital Research Institute of Manitoba has collected important information from its concussion and youth study, according to researcher Dr. Kelly Russell. While the findings are under review, they indicate that most students reported that their school was accommodating to their needs as they recovered from their concussion. Students missed about five days of school, and about half of the students had concussion symptoms for at least one month, especially if they had vision problems or dizziness.

take longer to recover from their concussion. The benefits of such research can have a huge impact on how to help students best recover from concussions.



CONTRIBUTED

"We are also getting a better picture of mental health problems that can occur among some youth. This is an issue that is currently receiving a lot of media attention among professional athletes who have had multiple concussions, but we do not know a lot about what happens to youth," Dr. Russell explains that decisions based on when someone is recovered from their concussion are partly based on the symptoms

they describe to their doctor.

"There are ways physicians can measure vision problems and dizziness. This objective way to measure symptom recovery would make physicians less reliant on what symptoms the patient reports, which is important — patients may say they feel better to get back to sports, school or work, when they are still experiencing symptoms."



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More services from pharmacists available



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Nobody likes spending time in a doctor's waiting room, especially if they're sick.

Fortunately, some of those long waits can be avoided now that Manitoba pharmacists can offer new services all across the province, according to Bobby Currie, a Manitoba Society of Pharmacists board member.

"Manitoba pharmacists can provide more services than ever before. Pharmacists may

be able to renew your prescription when you run out of refills, provide convenient injections and even prescribe treatment for minor ailments," she says, adding that in the near future, some pharmacists can start ordering lab tests for customers.

"Pharmacies are convenient and accessible ways to access healthcare. I know I find it difficult to get to a public health clinic for my flu shot every year. This fall, I was

able to stop in at my pharmacy after work right at the beginning of flu season."

Pharmacies are available in communities across Manitoba — even in many of the most remote areas.

"I recommend talking with your pharmacist today about how you can benefit from the additional healthcare services they can provide," Currie adds.

For more information, visit msp.mb.ca.

Treat the mind, body and spirit

The only thing that could possibly be better than a relaxing massage is a massage with aromatherapy.

Aromatherapy is a holistic therapy that treats the mind, body and spirit, according to Wellington College & Equip Massage operations manager Tricia Neill.

Aromatherapy has many benefits to the person being treated and can enhance mood and general feeling of well-being, help improve blood and lymphatic circulation and, depending upon the essential oils used, help

constrict or dilate the blood vessels thereby raising or lowering blood pressure.

"Massage with aromatherapy can also strengthen the immune system by helping to kill viruses, bacteria and fungal infections, reduce pain, encourage restful sleep and improve digestion."

Wellington College is offering an Intro to Aromatherapy class April 18 and 19 where practicing Massage Therapists or students of Massage Therapy will learn the origins, Latin names and properties (or specific uses and benefits) of 20 essential oils and how to tailor the oils to each client.

"This program adds another 'tool' to the massage therapist's repertoire," Neill says.

To receive a certificate, students will attend the workshop as well as perform and document 15 additional hours of aromatherapy massage, including a written exam. For more information about Wellington College or the aromatherapy program, visit wellingtoncollege.com.



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Let Rady JCC help your fitness pursuit

One of the most important things to develop early in life is a healthy attitude toward fitness.

The Rady JCC strives to help members accomplish that, making the pursuit of fitness and wellness a family affair by providing activities and programs for every stage of your child's development — and yours.

"Rady JCC is a second home for our family," says Eka Mednikov, who shares a family membership with her husband, Boris, and children, Eden, Ari, Noa and Sarah. "Our kids attend the day care and camps and my husband and I use the gym. We feel lucky to be a part of this community."

New members can start by joining a parent/child program where they can connect with other families and share the journey to parenthood together. They can spend family time together at the Family Fun Zone, where toddlers and preschoolers take their first steps towards independence. They can watch their children build friendships and strengthen ties by participating in cultural and athletic activities together. Then, as their children become tweens, and later teens, they can

chart their own paths as active members of the community.

New for 2015, children ages 12 and 13 now have full access to the fitness centre after completing an orientation session.

"I go back to when I was a kid," says Rady JCC member Blair Worob. "I'd come here on the weekends and play floor hockey and go in the pool. This was my home when I was young. And now, to see kids here at the centre enjoying it as I did, that's what this is all about."

Currently celebrating 95 years of service to Winnipeg, the Rady JCC is a registered charity open to all. As a community centre, Rady JCC provides scholarships, camping and community-service programs for those who need them most, regardless of financial situation, ability, age or cultural background.

Subsidies are made possible because of fundraising programs such as the annual Rady JCC Sports Dinner, held each spring. This year's dinner takes place on May 7, featuring keynote speaker, NHL Commissioner Gary Bettman.

For details on family fitness memberships, please visit radyjcc.com



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Spring cleaning for your body, lifestyle

U Weight Loss Clinic focuses on education

Spring is just around the corner and it's the perfect time to get your body back into shape after the winter season.

The term "spring cleaning" doesn't just apply to your home: it can apply to your body and lifestyle too. The U Weight Loss Clinic, program designed by Canadian medical and naturopathic doctors, is just the way to get started, according to clinic vice-president Moira Quigg-Lee.

"It's time to spring clean our bodies and revisit our health and wellness, which we may have neglected over the winter months," she says. "It's the ideal time for a gentle cleanse." Rather than a diet, the U Weight Loss Clinic program focuses on education: the simple science behind safe and effective weight loss.

"While the majority of our clients are female, more and more men are astonished by the simple science behind U Weight Loss and delighted by the dramatic results," says UWL Clinics Area Manager and former client, Erin DeRose.

"Clients learn how to keep their weight off

WEIGHT LOSS PROGRAM

"The national average for weight loss on the U Weight Loss Clinic program is just shy of seven pounds in the first week and an average of two to three pounds per week thereafter," according to clinic vice-president Moira Quigg. For more information, call U Weight Loss Clinics at (204) 487-4274 or (204) 253-7148.

permanently," Quigg-Lee says. "It is certainly not the antiquated formula of 'eat less and exercise more,' but rather a unique approach that focuses on revving up the body's metabolism and balancing the body's own hormones."

For example, when there is an excess amount of the hormone insulin, the body will naturally store fat. All carbohydrates are recognized at the cellular level as sugar and it is excess sugar in the system that spikes insu-



Winnipeg's Dan Labossiere lost 85 lbs at the Kenaston clinic: "I ate real foods, got real results, and I feel like a million bucks." CONTRIBUTED

lin levels which causes weight gain, explains Quigg-Lee.

"The clinics provide thousands of delicious and simple-to-prepare recipe options that ensure hormones remain balanced. Clients can eat in restaurants, even fast food venues, or make their own recipes based on the program's simple principles."

In fact, Quigg-Lee says one of the biggest surprises for U Weight Loss Clinic clients is how much food they can eat on the program.

"In order to stimulate our metabolism, we have to eat three generous meals plus two snacks daily," she adds. All programs are individualized, with one-on-one support by certified UWL health coaches.

U weight loss clinics™

www.uweightloss.com



U CHANGED OUR LIVES!

Peter is absolutely thrilled with the results. "There were so many recipes to choose that we were never bored with the food. In fact, after 18 weeks, we still didn't have a favourite because we keep cooking up delicious recipes week after week. It's fantastic. We can pretty much have everything we want... pasta, chicken, stir fries, barbecues, etc."

Irene agrees with her husband whole heartedly. "I had tried so many diets over the years and I've battled with my weight all my life until now. At the U Weight Loss Clinics, I have finally discovered a way of eating that I can enjoy and stick to and the pounds and inches just kept melting off. **2 yrs later, we have kept the weight off and are so grateful for the knowledge and support at U Weight Loss Clinic. Truly this simple program has been a BLESSING in our lives.**"

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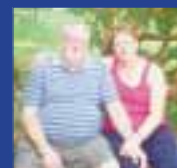
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NHL

Preds on to bigger and better things

The Nashville Predators have taken care of their first goal and are back in the playoffs for the first time in three years.

With five games left, they have their sights set on much more.

"Certainly it was a goal to get back in the playoffs," Nashville coach Peter Laviolette said after a 5-2 loss to Calgary on Sunday. "It's a goal for us to continue to finish strong here and see what we can do here for the last five games of the year, and then ultimately we're going to get that chance ... It's been an exciting year to this point, but we've still got a lot of work to do."

Making the playoffs was the first post-season goal for the Predators, who fired coach Barry Trotz a year ago when he missed out for a second straight season. Laviolette was handed the mission of returning this franchise to the post-season.

Now the Predators' to-do list includes winning their first division title after five second-place finishes. They entered Monday atop the Central Division with 102 points. Finishing first in the Western Conference is another goal for a franchise that has never ended up higher than fourth in its 15 previous seasons.

"We are trying to accomplish bigger things now," defenceman Seth Jones said. "We want to win our division obviously, we want to win our conference, we want to win the league. We want home ice for the playoffs, and we need all the points we can get because other teams are winning."

THE ASSOCIATED PRESS



The Predators entered Monday night atop the Central Division with 102 points.

ALEX BRANDON/THE ASSOCIATED PRESS

Canadian referee in it for the love of the game

WOMEN'S WORLD CUP

Chenard one of four Canucks named to officiating list

Carol Anne Chenard has the kind of resumé that makes you wonder what you've been doing with your life.

A former short-track speed-skater for Canada who has six

World Cup medals and once held the world record in the 3,000 metres, Chenard has a PhD in microbiology and immunology from McGill University.

The 38-year-old from Ottawa, who speaks English, French and Spanish, works for the federal government at Health Canada. Her expertise is compliance and enforcement, regulating companies whose products involve controlled substances.



What I learned very early on is that pressure and stress is kind of part of the deal if you're going to go to a World Cup and be a referee.

Carol Anne Chenard

And she is an elite soccer referee, working in the cauldron of international play.

Chenard is one of four Canadians named to the officiating pool for the Women's World Cup in

Canada this summer. She is joined by 36-year-old Michelle Pye of Kamloops, B.C., on the list of 29 referees.

There are also 44 assistant referees, includ-

ing 32-year-old Marie-Josée Charbonneau of Mascouche, Que., and 30-year-old Suzanne Morisset of Beauport, Que.

Like players, officials are judged by their performance. Only the good ones keep going in top tournaments. Being second-guessed on a massive stage is part of the job.

"I absolutely enjoy it or else I wouldn't put myself through it," Chenard said Monday after the World Cup officials list was released. THE CANADIAN PRESS



CURLING CZECH OUT SCORE-HAPPY SKIP SIMMONS Canada skip Pat Simmons calls to his sweepers during morning-draw action against the Czech Republic at the men's world curling championship in Halifax on Monday. Simmons scored early and often in an 11-2 rout. Canada later improved to 5-0 with a 9-3 victory over Russia. MICHAEL BURNS/HANDOUT/THE CANADIAN PRESS

MLB SPRING TRAINING

Jays hit moonshots early to beat Astros

Danny Valencia, Chris Colabello and Justin Smoak homered in the first two innings off Brett Oberholtzer, and Toronto Blue Jays beat the Houston Astros 7-4 Monday night.

Oberholtzer, pitching for the first time since straining a lat muscle on March 10, gave

up five hits and five runs in 3-1/3 innings. George Springer robbed Colabello of a second home run off Oberholtzer in the third inning with a leaping catch above the wall in right field.

Colabello went 3-for-4.

THE ASSOCIATED PRESS

IN BRIEF

Bulls' Rose progressing toward playoff return

Bulls star Derrick Rose took contact in practice Monday for the first time since undergoing right knee surgery late last month.

The Bulls hope to get the former MVP point guard back for a playoff run. THE ASSOCIATED PRESS

NFL

Thomas holding out for new deal

Peyton Manning will have to do without his top target this off-season unless the Denver Broncos reach an agreement with Demaryius Thomas on a long-term contract.

The star receiver said Monday that without a deal, he'll skip the team's off-season

workouts that begin April 13 and bypass Manning's annual passing camp next week at Duke.

If the talks do reach an impasse, Thomas said he'd sign the Broncos' \$12.8-million franchise tender by the July 15 deadline. THE ASSOCIATED PRESS

RECIPE Italian Bean Pasta Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman



Ready in

Prep time: 15
Serves: 8

Directions

1. Cook the pasta in boiling water according to package directions, or until firm to the bite, about 10 minutes. Rinse with cold water. Drain well and place in a serving bowl.

2. Add the tomatoes, green pepper, onion, red and white kidney beans, chickpeas, feta cheese and basil to the serving bowl.

3. Combine the lemon juice, oil, vinegar, garlic, basil and oregano in a small bowl. Mix well. Pour the dressing over the pasta and toss.

Ingredients

- 12 oz medium shell pasta
- 2 ½ cups chopped

plum tomatoes

- ¾ cup diced green bell pepper
- ¾ cup diced red onion
- 2/3 cup canned red kidney beans, drained and rinsed
- 2/3 cup canned white kidney beans, drained and rinsed
- 2/3 cup canned chickpeas, drained and rinsed
- 1/2 cup light feta cheese, crumbled
- 1/3 cup fresh chopped basil or parsley
- 1/4 cup freshly squeezed lemon juice
- 3 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 tsp crushed fresh garlic
- 2 ½ tsp dried basil
- 1 ½ tsp dried oregano

Nutrition per serving

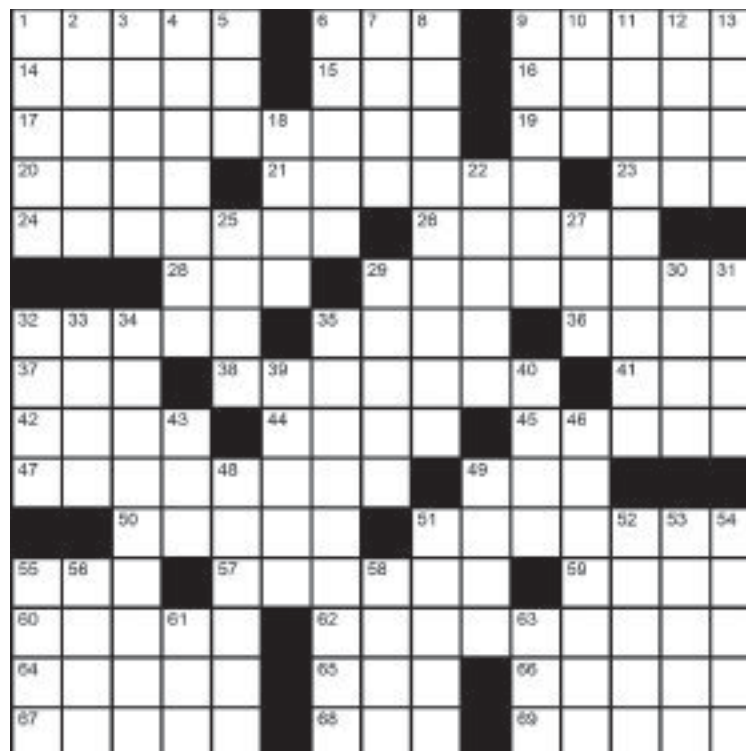
- Calories 333
- Protein 11 g
- Fat 9 g
- Saturated Fat 2 g
- Carbohydrates 53 g
- Sodium 420 mg
- Cholesterol 8 mg
- Fibre 7 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE
metronews.ca



ACROSS

- Noisily-eating sound effect!
- Wrongs antonyms, briefly
- They're full of sods
- "__ No Good" by Linda Ronstadt
- Quebec affirmative
- Manner of speaking
- High school dramedy starring #62-Across and Matt Dillon, "My __" (1980)
- Sun: German
- Furies
- Mr. Borgnine
- Stealing bird
- Saskatchewan food exports
- Sparingly supply
- Corroded
- Heedful
- Mosey along
- Tumble
- Scarlett O'Hara's li'l saga
- Tavern
- Eric Burdon band, with The
- Opposite WSW
- Hold on property
- __ state of affairs
- Harmonize
- __ Park (Calgary nature spot along the Bow River)
- Mr. Townsend, briefly
- Writer Mr. Zola

- Perform surgery
- "Low Rider" band
- Comparatively unique: 2 wds.
- Hugo __, "Moonraker" (1979) villain
- Capital 'A' in CAT scan
- Chris __, Canadian

- who starred as a camper in "Meatballs" (1979)
- Got Z's
- Camel hair garment
- Military doc
- Basil sauce on pasta
- Book publisher, __ A. Talese
- Places

DOWN

- Emmy-winning Sally Field role
- Roger __, 007 portrayer in #59-Across
- Pulitzer-winning poet W.H.
- Dan Aykroyd's vodka, __ Head
- Powder __
- Communicates,

- lion-style
- Go sour
- Restaurant's soup alternative: 2 wds.
- Choose David Visentin's option on his Canadian real estate series with Hilary Farr: 2 wds.
- Ruckus
- Harnessed energy source: 2 wds.

- Marvin Gaye's daughter
- Duck variety
- River to the Ubangi
- Like the bottles for #4-Down, __-shaped
- Virginia willow
- Aircraft in "Top Gun" (1986)
- Soap brand
- Alternative press magazine, __ Reader
- Popeye comics kid, __'Pea
- Competent
- __-of-honour
- Labatt __ of Canada LP
- East Coast waters gig
- MLBers in Washington, briefly
- Satisfy hunger
- Nice name?
- Mr. Ahluwalia of TSN's "Sports-Centre"
- Commercial area of Venice
- "Pursuit of the Graf __" (1956)
- Citizen of Mork's planet
- Plow: Spanish
- Unexpressed, but understood
- Hollywood VIPs
- Stinging bug
- Car part
- Rhyming scheme
- Appropriate
- Diefenbaker, et al.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It might be best to keep a low profile. If you make a target of yourself someone will happily start throwing things your way.

Taurus April 21 - May 21
What happens today should be seen as the culmination of all the efforts you have made over the past few months. Something will happen that brings a smile to your face.

Gemini May 22 - June 21
You seem to believe that you cannot be a success unless you take large risks — and that could be a dangerous assumption. If you must roll the dice, wait a couple of days.

Cancer June 22 - July 23
It may seem as if you can get away

with anything now, and maybe you can, but later in the month you won't be so lucky, so look ahead. Cancer is supposed to be cautious.

Leo July 24 - Aug. 23
You may be tempted to show the world how strong you can be today but your tough guy routine will have more of an effect if you wait until Thursday.

Virgo Aug. 24 - Sept. 23
Don't visit the same old places today: go somewhere different, ideally to a venue where there is a bit of life. You will be at your best when on the move.

Libra Sept. 24 - Oct. 23
Make sure you know what is expected of you before sign-

ing up for something new. You may feel you can handle whatever fate sends your way but some deals are best avoided.

Scorpio Oct. 24 - Nov. 22
You may believe that nothing is beyond you, that you could take on the world and win, but you need to convince other people too. Channel that confidence into something constructive.

Sagittarius Nov. 23 - Dec. 21
Why is it that every other person you meet wants to start a fight? Whatever the reason, you must resist the urge to get involved. Whatever the outcome, you will lose.

Capricorn Dec. 22 - Jan. 20
Mars in Taurus over the next few

weeks will make you energetic in the extreme. Make the most of it to finish a project that should have been completed a long time ago.

Aquarius Jan. 21 - Feb. 19
You may have to get tough with friends and colleagues today but if it is the only way to get things done then talk the talk, walk the walk and make sure others do their fair share as well.

Pisces Feb. 20 - March 20
Mars in the communications area of your chart makes it easy to say the kind of things that get you noticed, but don't say too much or you might attract the kind of attention you don't enjoy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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A vibrant background featuring a red and white striped circus tent under a blue sky with clouds. A string of colorful triangular flags (red, yellow, green, blue, purple) hangs from the top left. A cluster of colorful balloons (red, yellow, green, blue, purple) floats in the upper right. The rear of a blue pickup truck is visible on the right side.

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